

Recipe: _____

Ingredients

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_____	_____
_____	_____

Directions

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Directions

WXXI



Healthy Recipe Cards

All recipes within this collection are entries from *Fizzy's Healthy Recipe Contest!*



The top 3 healthy recipes have a medal on their card. Can you find them?

Check out WXXI's Kids Health website for healthy recipes, videos, games, and MORE!

Go to: wxxi.org/kids/health

This project is sponsored by the Corporation for Public Broadcasting



“Yummy Parfait”

Ingredients

yogurt
strawberries
crunchy wheat cereal

Directions

1. Put yogurt in a bowl.
2. Add a layer of cut up strawberries.
3. Sprinkle it with Grape Nuts.
4. Enjoy with a spoon.



“Raspberry Filled”

Ingredients

½ pt organic raspberries
4 oz. low fat cream cheese
½ c dark chocolate chips

1 tbsp milk
½ tsp vanilla extract
3 tbsp honey

Directions

1. Rinse berries and put them on a paper towel to dry.
2. Mash together cream cheese, honey and vanilla.
3. Spoon mixture into the center of each berry. Spread berries out on a plate.
4. In microwave, melt dark chocolate chips and milk. Stir until smooth.
5. Place a dollop of chocolate on top of each berry.
6. Chill and serve.



“Raisin Bread French Toast”

Ingredients

Raisin bread
Vanilla
Cinnamon

Eggs
Honey

Directions

1. Dip bread in mixture of egg, vanilla, and cinnamon.
2. Place in skillet until golden brown.
3. Top with honey.



“Banana Cheese Wrap”

Ingredients

Banana
Sliced cheese

Directions

1. Peel a banana and unwrap e slice of cheese.
2. Wrap the slice of cheese around the banana and eat.
3. Enjoy!



“Strawberry Banana Smoothie”

Ingredients

strawberries banana
milk yogurt

Directions

1. Remove the peel from the banana. Using the table knife, cut banana into chunks.
2. Put banana chunks, frozen strawberries, yogurt and milk into the blender. Cover blender with lid.
3. Turn blender on high speed for about 1 minute or until mixture is smooth.
4. Turn off blender. Pour drink into 2 glasses.



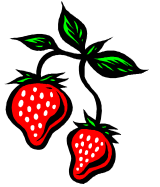
“Strawberry Smoothie”

Ingredients

1 tsp sugar
5 strawberries
1 c plain, non fat, organic yogurt
2 tbsp organic milk
2 ice cubes

Directions

1. Put all ingredients in blender.
2. Blend until smooth.



“Rainbow Salad”

Ingredients

1 bag Spring lettuce mix
Red – Peppers, Tomatoes, Radishes
Orange – Carrot
Yellow – Peppers, Corn
White – Mushrooms, onions, chickpeas
Green – Peppers, cucumbers, peas, broccoli, snow peas..
Blue – red onions, red cabbage

Directions

1. Start with Spring Salad mix. Place in large bowl.
2. Choose 1 vegetable of each color. Chop and place in bowl with lettuce mix.
3. Toss with small amount of your favorite dressing.



“Egg in a Basket”

Ingredients

1 slice of bread 1 egg
1 cookie cutter Salt
1 spray cooking oil Pepper

Directions

1. Use the cookie cutter at the center of the bread.
2. Heat the pan and spray with cooking oil.
3. Add bread to the pan. Inside the bread, cook the egg. Add salt and pepper.
4. Flip over the bread with the egg and cook less than a minute.
5. Then you have a healthy and yummy snack.



“Fruit Salad”

Ingredients

2 apples	2 oranges
1 melon	1 basket of strawberries
1 bunch of grapes	2 kiwis
1 c of powdered sugar	Juice of 1 lemon
Juice of 2 oranges	Mint leaves
Banana, mango, or watermelon	

Directions

1. Skin or peel fruit and cut into small cubes. Place in large bowl.
2. Add sugar, lemon juice and orange juice. Toss lightly.
3. Allow to set in refrigerator. Decorate with mint and serve cold.



“Cheese Quesadilla”

Ingredients

2 soft tortilla shells	shredded cheese	pan
adult watching you	sour cream	knife
mild salsa	cooking spray	

Directions

1. Heat pan for 2-5 minutes. Then, put 1 soft tortilla in the pan.
2. Sprinkle on some cheese. Then, put the other shell on top of the cheese and the first tortilla shell.
3. Heat it for another 2-5 minutes and then turn the stove off.
4. Once it's cooled put the quesadilla onto a plate. Spread sour cream on top. Add salsa if you like.
5. Cut it up and enjoy!



“Caroline’s Super Purple Smoothie”

Ingredients

6 oz orange juice
1 banana
1 c frozen blueberries
6 oz vanilla soy yogurt
2 scoops Chocolate whey protein powder

Directions

1. Blend ingredients together and enjoy!



“Banana Berry Smoothie”

Ingredients

1 c light vanilla ice cream	½ c strawberries
½ c blueberries	½ c raspberries
1 banana	2 c soy milk
Light whipped cream [optional]	

Directions

1. Put all ingredients except whipped cream in blender.
2. Blend on medium speed until well blended.
3. Pour in glasses.
4. Put light whipped cream on top, if wanted. Makes 3 ½ cups.

